

MARCH/APRIL 1998

VOLUME 27, #2

\$2.95

# USA GYMNASTICS

CHAMPIONS  
RETAIN  
THEIR  
TITLES

REESE'S GYMNASTICS CUP

## ALSO INSIDE

WINTER CUP  
NATIONAL TOP'S TRAINING CAMP  
RHYTHMIC CHALLENGE  
WHY DIETS DON'T WORK  
HANDSPRING VAULT  
SUMMER CAMP



Yusuf Retton



Lipona Mering, Mirya Todor



Gender Unisex

Jeana Poon



Gender Unisex



Gender Unisex



Lois Mason



Mario Bacci



Sarah Miller



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## DEPARTMENTS



Enrico Phillips signs autograph at the 1994 Essex's Economics Day

### RHYTHMIC CHALLENGE

12

Natalie Lacuesta earned her second Rhythmic Challenge title at the 1998 Rhythmic Challenge competition held in Downers Grove, IL. Kate Jeffries met the challenge of her first national competition as a senior level competitor by placing second in the all-around. Haley Lucas won the junior all-around competition.

## FEATURES

## WINTER CUP

Tarzan Wilson takes the all-around title and all six individual event titles at the 1998 Winter Cup Challenge. The event was held at the Texas Sports Ranch. Yuseki Tazuma placed second and Jay Thompson finished third in the all-around competition.

## NATIONAL TOP'S TRAINING CAMP

Take World of Gyranatics with the mic in early December when 86 of the finest female gyranats, ages 9-12, assembled for the 40th annual TGP's Training Camp. Plus, find out how you stack up to TGP's gyranats in pull-ups, hollow holds and knee lift!



THE STATE OF CALIFORNIA



## REESE'S GYMNASTICS CUP

It was a night for champions to retain their titles as the teams of Shannon Miller and Amy Chow and Chris Walker and Chanyu Ungurian triumphed to victory in the 1998 Bower's Gymnastics Cup, held before a sell-out crowd of 5,580 at Bayfront Center Arena in St. Petersburg, Fla.

## SUMMER CAMPS

Check out the Summer Camp Directory to get a run down on where a gymnastics camp is located nearest to you. Also, parents won't want to miss the article entitled, "Choosing the Right Camp for Your Child." Some of you even submitted your favorite memories and photos from camp last summer!





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# WILSON

## TOPS WINTER CUP FIELD

By Craig Schaert

All experiments must go as well as the one done: Wilson conducted in the 1998 Winter Cup Challenge, held February 13-14 at the Town Sports Ranch on the outskirts of Houston.

Brofing in new routines in all six events, Wilson walked away from the 36 competitors in the final round of competition with a score of 56.600, easily outdistancing all of his competitors. Twenty-three year old Wilson is from Columbus, Ohio, but is currently training at the U.S. Olympic Training Center with his coaches Ron Bart and Vlastislav Moysich.

"I'm working on bringing the difficulty of all my routines up to 10s," said Wilson, a 1996 Olympian and two-time defending National Champion. "I think I was able to do that with everything tonight, except maybe the high bar. I may have been a little off there."

With the exception of the high bar, where he received a 9.15, Wilson scored 9.40 or better on every event, with a high of 9.85 on vault.

Winning the all-around title gave Wilson the first place prize of \$3,000 plus he won all six event finals during preliminaries for another \$3,000. Bringing his total winnings from the event to \$6,000, clearly the bank share of the \$13,800 purse for the event.

Seventeen-year-old Yuchi Tomita took second all-around with a score of 52.450 in his first national U.S. Olympian event competing as a senior. Tomita is from Tucson, Arizona, and is coached by his father Yuchi, an Olympian World Youth was the 1988 U.S. Men's Olympic Gymnastics Team assistant coach.

"This was his debut event for the senior competition and we made a big deal out of it," said coach Tomita. "I fully expected him to be in the top six. The first day we had a hole problem and he was in fifth place. During finals he hit six for six. He was one of only a few gymnasts to be six for six routines."

Tomita said, "During finals I had a near perfect meet for myself. I hope to keep that up in the future. I'm looking forward to competing in the Visa American Cup and my goal is to make finals."

Jay Thornton, a member of the 1997 USA World Championships

Team, was third with

a score of 51.400.

Thornton, 23, is

from Augusta, Georgia,

but currently resides in

Colorado Springs,

and trains at the U.S.

Olympic Training

Center. Thornton

maneuvered his third

place ranking from

last year's Winter

Cup Challenge.

With three prior

nations, Tomita and

Thornton earned

invitations to represent

the USA at the

## 1998 Winter Cup Challenge HOUSTON, TEXAS

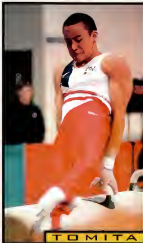


### ALL-AROUND FINALS

PL	NAME	CLUB	VT	WB	BB	FT	HB	AA	PL	NAME	CLUB	VT	WB	BB	FT	HB	AA
1	Wilson, Steve	USA	9.85	9.40	9.40	9.40	9.40	56.60	2	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45
3	Thornton, Jay	USA	9.40	9.40	9.40	9.40	9.40	51.40	4	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45
5	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45	6	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45
7	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45	8	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45
9	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45	10	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45
11	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45	12	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45
13	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45	14	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45
15	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45	16	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45
17	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45	18	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45
19	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45	20	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45
21	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45	22	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45
23	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45	24	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45
25	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45	26	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45
27	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45	28	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45
29	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45	30	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45
31	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45	32	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45
33	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45	34	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45
35	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45	36	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45
37	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45	38	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45
39	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45	40	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45
41	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45	42	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45
43	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45	44	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45
45	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45	46	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45
47	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45	48	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45
49	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45	50	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45
51	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45	52	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45
53	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45	54	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45
55	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45	56	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45
57	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45	58	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45
59	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45	60	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45
61	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45	62	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45
63	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45	64	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45
65	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45	66	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45
67	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45	68	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45
69	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45	70	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45
71	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45	72	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45
73	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45	74	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45
75	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45	76	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45
77	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45	78	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45
79	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45	80	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45
81	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45	82	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45
83	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45	84	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45
85	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45	86	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45
87	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45	88	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45
89	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45	90	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45
91	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45	92	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45
93	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45	94	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45
95	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45	96	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45
97	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45	98	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45
99	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45	100	Tomita, Yuchi	USA	9.15	9.40	9.40	9.40	9.40	52.45

Top six athletes competed during preliminary competition and top six without a final.





TOMITA



THORNTON



TOWNSEND



MORAN

Visa American Cup, to be held in Fort Worth, Texas, March 5-8. They joined Wilson, the defending Visa American Cup champion, and John Rothenberger, a two-time Olympian.

Rothenberger, who tried some new skills in order to upgrade his routines, placed second after the preliminary round of competition, but dropped to ninth after finals.

Townsend, 19, finished fourth in the all-around with a score of 51.30. Townsend is from Dallas, Texas, and trains at Gymnastics in Houston. Trained with his coaches Kevin Aboselo and Brian Babcock, Townsend has certainly improved, moving up from 262 yards 46th place finish at the Winter Cup Challenge. Townsend is the National Champion in the 16-18 age group from the 1997 John Hancock U.S. Championships and challenged the status at the year's Winter Cup event.

"The goal for this competition was to encourage the gymnasts to upgrade their difficulty," said Men's Program Director Ron Gutierrez. "For a lot of the guys it was their first opportunity to try new skills and routines. There were some elapsed but overall it was a great learning experience and will help the U.S. team in the long run." Gutierrez added, "It was also exciting to see some young guys like Tomita and Townsend make their move competing against senior athletes. Both showed that they want to be players at the year's U.S. Championships and the 1999 World Championships. Next, Although several senior national team members were unable to attend, some new faces emerged on the scene and will challenge for some top spots at the U.S. Championships."



AWARD WINNERS

## EVENTS

## ALL-AROUND

1. Wilson, Texas 51.30
2. Rothenberger, Ohio 50.80
3. Babb, Texas 50.30
4. All, Texas 49.80
5. Smith, Texas 49.30
6. Brown, Texas 48.80

## PARALLEL BARS

1. Wilson, Texas 12.0
2. Rothenberger, Ohio 11.5
3. Babb, Texas 11.0
4. All, Texas 10.5
5. Smith, Texas 10.0
6. Brown, Texas 9.5

## VULTURE

1. Wilson, Texas 12.0
2. Rothenberger, Ohio 11.5
3. Babb, Texas 11.0
4. All, Texas 10.5
5. Smith, Texas 10.0
6. Brown, Texas 9.5

## HOPPER

1. Wilson, Texas 12.0
2. Rothenberger, Ohio 11.5
3. Babb, Texas 11.0
4. All, Texas 10.5
5. Smith, Texas 10.0
6. Brown, Texas 9.5

## PARALLEL BARS

1. Wilson, Texas 12.0
2. Rothenberger, Ohio 11.5
3. Babb, Texas 11.0
4. All, Texas 10.5
5. Smith, Texas 10.0
6. Brown, Texas 9.5

## HOPPER

1. Wilson, Texas 12.0
2. Rothenberger, Ohio 11.5
3. Babb, Texas 11.0
4. All, Texas 10.5
5. Smith, Texas 10.0
6. Brown, Texas 9.5

# 1997 NATIONAL TOP'S TRAINING CAMP

By Gery Warren

As you stand in the middle of Tokyo World of Gymnastics, the first thing you notice is the painting of the American flag across the entire wall. The second thing you notice, if it's the first weekend in December, is the future of the USA Women's Gymnastics Program. Why? Because it's the site of the TOP's National Training Camp.

In early December, 88 of the finest female gymnasts ages 9-12 assembled for the sixth annual TOP's Training Camp. As always, this training camp is the culmination of the yearly Regional and National Testing. Seventeen hundred athletes tested physical abilities at a regional level last summer and 400 of these athletes qualified to one of the two National Testings that were held in October. The National Testings included a battery of physical abilities tests and basic gymnastics skills. Of these 400 athletes, 90 were selected onto the 1997 National TOP's team of 9-12 year olds.

The four-day training camp focused on basic gymnastics skills, dance skills and the National Elite Testing Program, taught by the National Coaching and Regional Support Staff. Also, sports science lectures designed for these very special athletes were conducted by our Sports Science Staff. This was the first year that the National Elite Testing Program was implemented into the National Testing. Now, these athletes are able to attend Regional Elite competitions for the purpose of experimenting with the Elite Program. The response to the implementation of the National Elite Testing Program and subsequent improvement of all of the athletes due to these changes has been great. These athletes and coaches showed everyone that the work they are doing on the Testing Program will have substantial benefits. We all see Tokyo looking at a bright future for these athletes!

## HOW DO YOU STACK UP??

### DID YOU KNOW?

The National TOP's Average for Pull-Ups is:

7 year olds	6-9
8 year olds	7-8
9 year olds	8-9
10 year olds	10-10
11 year olds	10-10
12 year olds	10-10

Begin in a tucked hanging position from a bar with the legs and hips bent at 90 degree angles. Place an 8 inch long 2 x 4 block of wood on the right of the open seat. The gymnast then performs a pull up from a full hanging locked elbow overgrip position. A complete pull up is defined as raising the body from the full hanging position to a position with the chin above the bar. If the block falls off the pull-up is not counted.

### Pull-Ups



### Log Lifts

### DID YOU KNOW?

The National TOP's Average for Log Lifts is:

7 year olds	11-10
8 year olds	12-10
9 year olds	15-20
10 year olds	17-20
11 year olds	14-20
12 year olds	17-18

Lift the legs upward until the toes touch the bar. The legs must remain straight, lower the legs downward to a long hang and repeat.



### DID YOU KNOW?

The National TOP's Average for Hollow Holds is:

7 year olds	50-57 seconds
8 year olds	50-55 seconds
9 year olds	51-42 seconds
10 year olds	53-40 seconds
11 year olds	52-00 seconds
12 year olds	55-30 seconds

\*50 second maximum

Lift the shoulders off the ground to a rounded back position. Simultaneously lift the feet off the ground with the legs straight. The back and shoulders should be about 4 inches off the ground. The lower back remains on the floor at all times.



### Hollow Holds



## 1997 USA TOP National Training Camp

USA GYMNASIA



# 1998 RHYTHMIC CHALLENGE

Natalie Lacuesta

Seniors

Juniors

Natalie Lacuesta

BY TERRY HARRIS FOR USA TODAY

The title of Rhythmic Challenge Champion remains with Natalie Lacuesta, whose strong performance gave her back-to-back Challenge wins serving as "bookends" to her 1997 National Rhythmic Championships title. The Rhythmic Challenge took place in Downers Grove, Ill., at the Elite Sports Complex, February 13-14.

## LACUESTA DEFENDS TITLE

By  
Terry  
Harris  
for USA Today

### RESULTS

#### SENIOR ALL-AROUND

	1997	1998	1997	1998
1. Natalie Lacuesta	3.20	3.30	4.00	3.75
2. Julie Jeffress	3.00	3.00	3.75	3.50
3. Jennifer Muller	3.00	3.00	3.50	3.50
4. Amy Hershberger	3.00	3.00	3.50	3.50
5. Amy Hershberger	3.00	3.00	3.50	3.50

	1997	1998	1997	1998
1. Natalie Lacuesta	3.20	3.30	4.00	3.75
2. Julie Jeffress	3.00	3.00	3.75	3.50
3. Jennifer Muller	3.00	3.00	3.50	3.50
4. Amy Hershberger	3.00	3.00	3.50	3.50
5. Amy Hershberger	3.00	3.00	3.50	3.50

#### JUNIOR ALL-AROUND

	1997	1998	1997	1998
1. Natalie Lacuesta	3.20	3.30	4.00	3.75
2. Julie Jeffress	3.00	3.00	3.75	3.50
3. Jennifer Muller	3.00	3.00	3.50	3.50
4. Amy Hershberger	3.00	3.00	3.50	3.50
5. Amy Hershberger	3.00	3.00	3.50	3.50

#### SENIOR GROUP ALL-AROUND

	1997	1998
1. Natalie Lacuesta	3.20	3.30
2. Julie Jeffress	3.00	3.00
3. Jennifer Muller	3.00	3.00
4. Amy Hershberger	3.00	3.00
5. Amy Hershberger	3.00	3.00

#### JUNIOR GROUP ALL-AROUND

	1997	1998
1. Natalie Lacuesta	3.20	3.30
2. Julie Jeffress	3.00	3.00
3. Jennifer Muller	3.00	3.00
4. Amy Hershberger	3.00	3.00
5. Amy Hershberger	3.00	3.00

Coached by Lisa Cavallini and College News from Rhythmic Gymnastics, Lacuesta's all-around score of 36.582 narrowly edged out all her competitors.

Lacuesta spoke about her biggest challenge leading into the event saying, "I felt my biggest hurdle was not to think about defending my title but rather to just another competition where I have to show my capabilities and improvement. After all, if I went into this event with a worry of losing the title it would just hold me back and that was the last thing I wanted to do."

Scoring 36.574 Rhythmic's Kate Jeffress met the challenge of her first national competition as a senior level competitor by placing second in the all-around. As a junior, Jeffress won both the 1996 Rhythmic Challenge and

National Championships. Jeffress demonstrated an easy transition to the senior level at this event.

Reaching out the top three seniors was Atlanta International's Heather Muller who finished with a score of 35.98.

Moving up a notch in the junior division from last year's second place finish at the Rhythmic Challenge was Rhythmic Gymnastics' Heather Muller. Winning the junior competition and placing first in every event, Lacuesta all-around score was an impressive 35.0.

Most pleased with her rope routine Lacuesta remarked, "Rope was my first routine of the competition and it was a good clean start. The elements were sharp and I nailed it." When asked

about her most challenging routine, Lacuesta replied, "My ribbon routine is my most challenging, but it is also my favorite. I picked out the music and helped with the choreography."

Second place honors in the junior division were awarded to Jessica Howard, who is coached by Elizabeth Angeleri. Placing second in three of the four events, Howard's all-around score was 34.02. Danielle Lord of Dream Gymnastics Academy took third place scoring a 33.85.

The Rhythmic Challenge is a recurring event, taking place each year just prior to determining international competition assignments of our athletes. This helps to insure that our top gymnasts represent the sport and our country internationally.

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# WHY DIETS DON'T WORK!

By Terry Butler Cox, R.D., L.D.

**Dieting definitely doesn't work.** This point has been proven research study after research study and diet after diet.

Understandably, there are many reasons why individuals follow diets such as for chronic disease prevention or disease management, but possibly the most common reason individuals follow diets is for weight loss or weight management. The word diet can refer to a special diet such as a diabetic diet to control blood sugar or a low fat diet for heart disease, but a person's diet can also be the food and drink a person normally takes in one day. Much of the way we see and hear the word diet used today is in the terms of weight management and promotion of fat diets. For example, the "Cabbage Soup Diet" and the "Beverly Hills Diet" are types of fat diets. Fat diets can be dangerous, unproductive, and unhealthy. Let's look at why diets don't work.

**Diets lack variety.** This is especially true with diets that outline exactly which foods to eat every day. They typically tell you to eat the same foods day after day, offering little variety. A lack of variety leads to boredom which usually leads to abandoning the diet. A healthy, nutrient dense meal plan should contain a variety of foods from the five food groups. By eating a variety of foods you can be certain to get all the vitamins, minerals, antioxidants, and phytochemicals you need. Trying different foods such as new fruits and vegetables is an easy way to increase the variety of nutrients you are getting each day. Be creative with the way in which you use fruits and vegetables. Use them in salads, snacks, or low fat shakes.

**Diets typically restrict calories to unnecessarily low levels.** Low calorie intake for gymnasts can be detrimental to your health, performance, and metabolism. By following diets that don't meet your calorie requirements, it is doubtful that your important carbohydrate, protein, vitamin, and mineral needs are being met. Not meeting your daily nutrient needs can impact your metabolism or metabolic rate. Think of your metabolic rate as your internal fire. When you have a strong internal fire, your body burns calories freely and produces energy. If you are eating too few calories, your body can slow down its metabolic rate to conserve calories. This may mean storing calories rather than burning them readily for energy. Remember, calories are important. They fuel your muscles to produce energy.

# LOSE WEIGHT



For example, the "Cabbage Soup Diet" and the "Beverly Hills Diet" are types of fat diets. Fat diets can be dangerous, unproductive, and unhealthy.

**Same diets eliminate specific food groups.** Diets which eliminate food groups from your daily meal plan, can leave you lacking in important nutrients. For example, eliminating dairy products without appropriate calcium supplementation can lead to decreased bone density (bone strength). We all know bone strength is important for gymnasts.

**Diets typically rule foods as good foods or bad foods.**

Diets can force you to label foods as "good" or "bad." Placing foods into categories, eating only "good" foods, and forbidding yourself the "bad" foods can lead to feelings of deprivation. These feelings can lead to obsession about the "bad" foods. You can thus leave your powerless and cause undesired cravings for these foods. Enjoy a daily supply of nutrient dense foods such as fruits, vegetable, lean meats, carbohydrates, and low fat dairy. Let's call these supportive foods—supportive in supplying energy and nutrients that hard working muscles need. Large quantities of higher fat foods are not recommended but an occasional cookie, ice cream and/or piece of candy can be supportive.

They satisfy a craving for sweets and by eating them you learn to eat in moderation. Remember, all foods can fulfill a purpose.

**A diet implies a beginning and an end.** Highly restricted diets are not meant to last forever; therefore, they do not encourage balanced eating as a lifestyle. If your goal is to have optimum energy, health and performance, make a commitment to good nutrition for a lifetime.



# HANDSPRING VAULT

By John Goddard  
Goddard's Twisters  
USA Gymnastics Club  
in Lansing, Michigan

The handspring remains one of the most common upper level vaulting families. Coaches should recognize the benefits of a strong handspring in relation to all conventional approach vaults. Time well spent on the perfection of a handspring will in time lead to quality upper level vaulting success.



**This vault can be broken down into five general phases with each one playing an important role in the outcome.**

## PHASE 1: THE RUN

Coaches have had the importance of running stressed to them since advanced vaulting began, yet generally this is the area that is many times overlooked in training. Generally the athletes that run faster and more efficiently will gain better results. I suggest obtaining the services of a running professional (a sprinter or a track coach). Time spent in this phase will reap results regardless of how instantaneous it may seem.

## PHASE 2: THE HURDLE

In order to maximize the speed to the hurdle it is important to keep the hurdle trajectory moving forward. If one were to draw a dot on the athlete's center of gravity and watch it throughout the hurdle, it should continue moving forward. Unnecessary up and down movement is inefficient and diminishes the effectiveness of a good run.

During the hurdle the arms should be swinging downward, forward and then upward to gain a powerful "lifting" action off the board. Upon board contact, the feet will be slightly in front of the center of gravity, hip angle open, entire body tight and buttocks tucked under.

## DRILLS

**UNDERARM SWING BEHIND** on the floor: If an athlete can generate good lift off the floor then she certainly will have the ability to use a spring board.

**UNDERARM SWING BEHIND** on a vault board: The punch of the hand is quick and powerful. Emphasis should be on obtaining a strong vertical lift while achieving a tight body in the air. Rebound and then land back on the board.

**REBOUND ONTO ELKED SURFACES:** As the athlete becomes more proficient simply raise the height of the landing area.

**PODOMETER TRAINING:** Increasing the jumping ability of the athlete correlates well with the ability to vault. Read Dr. Larry Huxley "Conditioning and Preparing the Junior Olympic Gymnast" for a complete plyometric training system.



## DRILLS

**INVERT TO HANDSTAND.** On the floor, execute a hurdle and jump, knees leaving the floor, and with assistance from a partner, invert to a handstand as an elevated surface. The more accomplished the athlete the higher the surface. Constantly assistance will not be necessary.

**FROM A WALL BOARD, execute the same drill.**

**1/4 LAYOUT FRONT SAHO.** Using a soft elevated surface (mattress, padded mats, etc.) execute a run, hurdle jump, and a 1/4 layout front salto with assistance of a partner. The athlete will land flat on her back. The body should remain tense

throughout the take. The arms lift from the board, rotation is established, the arms can either remain extended or, to facilitate greater rotation, the arms can fold into the body.

**LAYOUT FRONT SAHO, FEET TO FEET.**

**LAYOUT FRONT SAHO ONTO ELEVATED SURFACE.**

Emphasis should be on quick, tight rotation.

**LAYOUT 1/4 ONTO A SOFT SURFACE.** Rotate all the way to the stomach with the assistance of a partner. This is an advanced drill and should only be used with accomplished gymnasts.

## PHASE 3: PREFLIGHT

The main objective of the run, hurdle and preflight is to establish force and rotation that, in turn, transfer into vertical lift and air time off the hands. The objective of preflight on a handpassing is to establish massive rotation by powerfully entering the body.

## PHASE 4: REPULSION

Repulsion is the skill of transferring the established focus into vertical lift. As the body leaves the board, it should be passing from a tight hollow position to an extended position upon contact with the hands. With perfect timing, the arms continue to push through the hands (popping action) and the chest returns from the extended (slight arch) position back to a hollow (arched). Remember that all of this is happening in tenths of a second which makes mechanics of vital importance.

## PHASE 5: AFTERFLIGHT AND LANDING

As the body rises after the repulsion phase, emphasis remains on maintaining a tight hollow position with the arms squeezing to the side of the head. In preparation for landing, it is helpful for the athlete to "SEE" something, but because we do not want them to drop their head out of line with the body, looking for the floor is not an option. Many coaches suggest spotting the wall. As the body contacts the floor the force is absorbed by bending the knees (dome pike). The arms at this point drop from overhead, downward, sideways and then forward in order to assist with the balance. Coaches should be aware that although landings are certainly important, emphasis at the beginner levels should lie on establishing speed, power, lift, distance, etc. Placing emphasis on "sticking the landing" early in the development encourages the gymnast to "back off" on the desired attributes so that they can control the landing.

## DRILLS

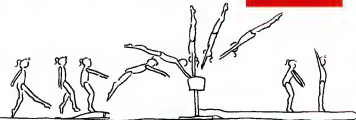
**HANDSTAND POPS.** From a long lunge, swing the arms downward and then forward to make contact with the floor while leaving to a handstand. Powerfully explode through the shoulders to an attempt to rise off the feet. After popping off the floor the gymnast can either land back on the hands, rotate to the back (onto a soft surface), or forward and out of it.

**HANDSTAND POPS ONTO ELEVATED SURFACE.**

**HORIZONTAL POPS FROM A LONG LUNGE.**

Swing the arms downward and forward into a stationary object (a wall, the horse, etc.) while lifting your body to horizontal. Contact the surface with a blocking action, release from it and land as stomach on a soft surface.

**TRAMPOLINE BOUNCES.** Bounce on your hands on the trampoline. A trampoline works great for this drill.



**COACHES:** Please submit your coaching ideas to: Coaching Corner, c/o USA Gymnastics, P.O. Box 1360, 201 S. Capitol Ave., Suite 300, Indianapolis, IN 46225.

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Have you ever wondered what top gymnasts in the U.S. looked like as children? Perhaps you wondered if they were always so muscular and lean?

# Scrapbook of Champions

USA Gymnastics has taken photos directly from Jim Food's scrapbook.

Jim, 25, has close art about every sport imaginable. Here is a look at his photo collage: he participated in diving for 10 years, baseball for nine years, soccer for seven years, golf as a hobby since age 8, and has participated in gymnastics since he was 4.

Jim is currently ranked seventh on the U.S. Men's Senior National Team. He attends UCLA and is a political science major. He's coached by Doug Macey and says high bar is his favorite event.

USA Gymnastics will feature a national team member each issue and, through scrapbook photos, show you what he or she looked like while growing up.

Let's take a look at Jim as he was growing up!

Two-year-old Jim reads his favorite book, *Scrapbook-Doo*.

Jim, 5, is already capturing trophies in the sport of gymnastics.

Jim began his diving career at age 6 and is shown here at age 8.

Baseball was one of his favorite sports as well. Jim, 12, will surely get a lot with this stance.

Eight-year-old Jim shows his stuff in his soccer apparel.

### JIM FOOD

Born Dec. April 3, 1974  
Beverly Hills, Illinois  
Resides Los Angeles, California  
6'6" (198)  
Coaches Doug Macey  
Began gymnastics age 4  
Hobbies playing sports, riding motorcycles

Jim even played a little hoop in his day. This photo was actually taken with Michael Jordan as a proposed cover shot for Sports Illustrated for Kids magazine.

as shown here in his day

Jim is shown here at the 1977 John Hancock U.S. Gymnastics Championships.

Jim received his first set of golf clubs when he was 8 years old. By age 11 he is perfecting his swing.

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## SCHEDULE

(Dates & Events Subject to Change or Cancellation)

### MARCH

8	International 3 and 2	St. Louis, MO
27-28	Gymnastics Championships (A/N/T)	St. Louis, MO
28-29	International Total Championships A/Fs (A/N/T)	St. Louis, MO
	Level 10 State Meets (M)	Various Sites

### APRIL

3-5	USAG Executive Committee & Board of Directors Meeting	Portland, OR
4	NCA Regionals (M)	Various Sites
4	NCA Regionals (M)	Ashland, MA/ Barnes, IA
8-10	Level 10 Regional Championships (M)	Various Sites
9-11	USA Gymnastics Collegiate Championships (A/N)	New Haven, CT
11	USA Gymnastics National Invitational Tournament (M)	San Jose, CA
14-18	NCA National Championships (M)	San Jose, CA
14-18	NCA National Championships (M)	State College, PA
18-19	U.S. Championships (M)	Granada, IL

### MAY

1-3	USA Gymnastics Executive Committee/Board Meetings	Indianapolis, IN
7-10	U.S. National Championships (M)	Little Rock, AR
8-10	U.S. Championships (M)	Seattle, WA
8-10	Rhythmic Group World Championships (F)	Seattle, WA
9-10	Rhythmic Eastern Open (M)	Tempe, FL
14-17	Rhythmic Western Open (M)	Osceola Grove, IL
14-17	Level 9 East/West Championships (M)	Greensboro, NC/Austin, TX
17-20	FIG European	Winnipeg, MB

### JUNE

5-7	U.S. Rhythmic National Championships (F)	Colorado Springs, CO
18-20	U.S. Regionals (M)	Various Sites

### JULY

10-12	U.S. Challenge (M)	TBD
10-12	Senior Pacific Alliance Championships (A/N/T)	Winnipeg, CAN
18-Aug 2	Goodwill Games (A/N/T)	New York, NY
20-Aug 2	U.S. Senior/National Gymnastics Festival (M)	TBD
TBD	MASS Junior Championships (A/N/T)	Colorado Springs, CO
TBD	Non American Group Championships (M)	TBD
TBD	U.S. Regionals (Continental Only) (M)	Various Sites

### AUGUST

19-22	John Hancock U.S. Gymnastics Championships (A/N)	Indianapolis, IN
20-22	USA Gymnastics National Congress	Indianapolis, IN

### SEPTEMBER

4-6	FIG General Gymnastics Instructor's Training Course	Austin, TX
5-7	USA Gymnastics National Synchro (M)	Austin, TX

### OCTOBER

2-4	TGP National Testing - West (M)	TBD
9-11	TGP National Testing - East (M)	TBD
10-11	U.S. Group Championships (M)	TBD

### NOVEMBER

13-15	USA Gymnastics Executive Committee/Board Meetings	Indianapolis, IN
TBD	Future Stars National Championships (M)	TBD
TBD	Coaches Workshop (M)	TBD

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*Steve Munro served as USA Olympic Coach in 1992 and 1996. He coached Shannon Miller from beginner all the way to becoming America's most decorated gymnast ever.*

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Week 4	July 26 — 31
Week 5	August 2 — 7

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# DEFENDING CHAMPIONS REIGN

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CHOW**

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MILLER**



The Reese's Gymnastics Cup is a unique event, in which the gymnasts pair off and compete as duos, with four teams of women and three teams of men. Each gymnast competes on two events of their choosing. The women select from floor exercise, uneven bars and balance beam, while the men choose from floor exercise, high bar and still rings. As has been the case in the past, the emphasis is on entertainment, with the gymnasts developing elaborate routines and incorporating unique apparel.

## IN '98 REESE'S CUP

CHAINEY  
UMPHREYCHRIS  
WALLER

1

It was a night for champions to retain their titles as the teams of Shannon Miller and Amy Chow and Chris Waller and Chaine' Umphrey tumbled to victory in the 1998 Reese's Gymnastics Cup, held before a sell-out crowd of 5,393 at Bayfront Center Arena in St. Petersburg, Fla.

Miller and Chow, members of the 1996 Olympic gold medal team known as the Magnificent Seven, were magnificent once again, scoring perfect 10s on each of their second-round routines to tally a 39.700. They needed the perfection to overcome a strong first-round showing from the tandem Kristie Phillips and rhythmic gymnast Jessica Davis. Phillips, always an impressive performer in the unique entertainment format of the event, entranced the audience with a first-round beam routine dedicated to the memories of Gianni Versace and Diana, Princess of Wales, to post the first 10.0 score of the evening from the celebrity panel of judges which included Olympic gold medal swimmer Brooke Bennett, Olympic gymnasts Brandy Johnson and Mitch Gaylord and legendary gymnastics coach Bela Karolyi.

Umphrey and Waller also were perfect in their second-half routines, with Umphrey flying into the sky during a remarkable floor exercise to complement a solid high bar routine in the first half.

The event was televised on NBC Feb. 14.

The celebrity judging panel includes Brooke Bennett, the 1996 Olympic gold medalist in the 100m butterfly who was a gold and two silver at the 1992 World Championships in Barcelona, joining her pro team legends in the world of gymnastics: Bela Karolyi, who coached Olympic champions Nadia Comaneci, Mary Lou Retton and Kim Zmeskal, Betsy Landman, a member of the gold medal 1984 Olympic team, and Brandy Johnson, a 1988 Olympian who competed in Atlanta.



# 1998 REESE'S CUP



**AMANDA  
BORDEN**



**KIM  
ZMESKAL**

**2**



**BLAINE  
WILSON**

**JOHN  
ROETHLISBERGER**



**JESSICA  
DAVIS**



**KRISTIE  
PHILLIPS**

**3**



**MIHAI  
BAGIU**



**GREGG  
CURTIS**



**DOMINIQUE  
DAWES**



**DOMINIQUE  
MOCEANU**

**4**

## FINAL RESULTS WOMEN

- SILENT STORM:**  
Shannon Miller/Becky Chow 19.700
- GYM SISTERS:**  
Amanda Borden/Kim Zmeskal 19.575
- SPINELESS:**  
Jessica Davis/Kristie Phillips 19.475
- TEAM LI-NIGUES:**  
Dominique Dawes/Dominique Moceanu 19.425

## MEN

- NEW PHENOMENON:**  
Chris Walker/Chase Ingley 19.425
- BIG TEN STYLE GYMNASTICS:**  
John Roethlisberger/Blaine Wilson 19.500
- SURF THE EARTH:**  
Gregg Curtis/Mihai Bagiu 19.000



# INTERNATIONAL GYMNASTICS CAMP 1998

Shannon Miller  
Dominique Moceanu  
Kerri Strug  
Amy Chow  
Lilia Podkopaeva  
Svetlana Boginskaya  
John Roethlisberger  
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# Camp Memories



This is a picture of me at International Gymnastics Training Camp last summer. I'm sitting next to Olympic Svetlana Bogutskaya. It was a thrill to meet her!  
*Robb Dale, 17  
Columbia, Maryland*



Last summer I went to Woodward Camp. The camp was a lot of fun and the training was very valuable to

me. I won the Georgia Region VIII, Class 5 Championships for 1997. My favorite thing to do at camp was hanging out with the former Olympians. Even though I was only 9, Wisly Scherba spent time with me and gave the following advice, "Always go for the gold."

A couple of our favorite things at camp were the high ropes course and the bungee tramp. Whether we were swimming in the lake, climbing on the six foot, jumping on the tramp, balancing on the ropes course, splashing in the Aerobics, talking in the dining hall, or just hanging around the cabin, we were enjoying every minute of camp. Thanks to our coaches and Lake Owen staff!

Tabiana Gyorkos, 1992 Olympic Gold Medalist, was also my buddy. She took me and my friends for ice cream cones as a reward for our hard work and dedication. I'm on the left. Tabiana's in the middle and Richard Riley is on the right.  
*Whitney Lounsbury  
Augusta, Georgia*

*Kristine School of  
Dance and Gymnastics  
Kearney, Nebraska*

I went to Woodward Camp last summer. My friends and I had so much fun. In the picture my friends and I are posing right before our lip-sinc routine. From left to right: Abby Dearlove, Becky Bernard, Valerie Derrachoe, Ashley Ritzert and Hydia Henry. We did the lip-sinc to "Say You'll Be There" by the Spice Girls. We are all Level 5 and 6 gymnasts at Ritz USA in Kent, Ohio.



This is a picture of me with Bart Conner and Nadia Comaneci at the Bart Conner Gymnastics Camp in Norman, Okla. It was my biggest thrill to meet Bart and Nadia. I had a great time working out each day and I wanted to go back the day I came home.  
*Sylee Alston, 21  
St. George, Kansas*





I attended Team USA Gymnastics Camp. I was supposed to stay for a week but I was having so much fun that I stayed the whole summer. In the gym, other than gymnastics, we did the hokey pokey, the chicken dance, played crab soccer, had handstand contests, crazy hair day, crazy human trucks and many more things. Out of the gym we went tubing, zipping, climbed the rings over the lake, had sleepovers in the beam gym, hiked to high point and met Shervin Miller, Annette Borsini and Jayce Phelps. We made up songs and were coached by some great people! I sent a photo of me and Tim McHabb climbing the rings over the lake and a photo of our cabins and teammates.

Maria Milewska  
Morriston, New Jersey



Last summer I got to go to Bela Karsaly's camp. The funnest thing that happened was when our cabin decided to sneak out, and the counselors were having a meeting right in front of our cabin! Guess what? We got caught! But the best memory I have is the first time Bela watched me do my floor skills. I was so nervous. When I finished he said "very good" and gave me a hug. After that, I felt like I could do anything.

Willie Swanson



Last summer I went to Lake Owen Gymnastics Camp in Cable, Wisconsin. It was my first time at camp and it was really fun. I improved a lot of my skills, especially my *flavory* and back tuck. I even learned to water-ski—it was awesome!

Sean Grogg, 8  
Ashbury, Illinois

## Choosing the Right Camp for Your Child

Finding the right gymnastics camp for your child is important. After all, your child will be attending the camp to learn new skills, have fun, try new things and create memories that will last a lifetime.

The first place to begin your task of choosing the right gymnastics camp is to gather as much information as possible about the camps you are considering.

How long has the camp been in business and what is its reputation? It always helps if you know someone who has attended the camp. Previous campers and their families provide a first-hand view of the camp and can answer many of your questions. Also, many times your child's gymnastics coach will be knowledgeable about the different camps and can serve as a great source of information.

What are the staff's qualifications? It's important to know who will be caring for and coaching your child. Starting from the top, what are the director's qualifications and is he/she respected in the gymnastics community? What is the instructor's caliber of coaching? Do the camps have any Olympic, international, national and/or collegiate coaches on staff? Does the camp staff go through any training in spotting or teaching of the latest gymnastics techniques? Is the camp staff USA Gymnastics Safety Certified?

What is the cost and what are you getting for your money? A sample camp schedule can usually be provided by the camp in which you are interested. The schedule should give you a good idea of what your child will be doing throughout the week. Look to see how many hours of gymnastics instruction is offered, and if it is optional or mandatory. Are the facilities top-notch? What is the instructor-to-gymnast ratio? Does the camp have campers set weekly skill goals and evaluate their progress? Furthermore, what type of activities are provided for your child when he/she is not working out, and do those activities cost extra?

What type of supervisor will my child be getting? Find out what amount of instruction your child will have with his/her camp counselor. Will the counselor be living in the cabin with your child and staying throughout the night? Will the counselor eat meals with your child? How accessible will the counselor be if your child has a question or gets homesick?

Most importantly, what type of medical staff exists at the camp? Are there doctors, nurses and/or athletic trainers?

Finally, most camps offer camp tours. This is an excellent way of previewing your choices and provides a great opportunity to meet and ask the staff a variety of questions while inspecting the facilities. Parents should not only check out the gym, but also inspect the cabins, cafeteria and recreational facilities.

Summer gymnastics camp is a great way for children to improve their gymnastics while making new friends and experiencing a variety of new and fun activities.



# Living with Balance

All of us involved with the sport of gymnastics understand the pressures a young athlete must deal with every day. We know it's not easy to balance your homework, school activities, home life, gymnastics and social life. We want to know how you deal with these pressures. How do you keep your life balanced?

We have a name for the process of dealing successfully with this busy lifestyle—we call it "Living with Balance."

To learn how you live with balance, we are presenting the 1998 Gymnastics Essay and Drawing Contest, sponsored by John Hancock. All of the details are outlined below.

**JOHN HANCOCK  
IS A PROUD  
SPONSOR OF  
USA GYMNASTICS!**

*John Hancock*

## Grand Prize Winner:

A trip for four to the John Hancock U.S. Gymnastics Championships in Indianapolis, Ind., from August 21-23. Prize includes airfare, accommodations for two nights and tickets to the Senior Men's and Senior Women's sessions on Friday and Saturday (must be accompanied by parent or legal guardian).

## Gold Prize Winners:

\$500 gift certificate to your local gymnastics club (to use towards your gymnastics tuition).

## Silver Prize Winners:

\$100 gift certificate to GK-Elite Sportswear

## Bronze Prize Winners:

\$50 gift certificate to GK-Elite Sportswear

Prizes are also cash value and non-transferable.

## TOPIC

### FOR AGE GROUPS 7-12 AND 13-18

"Living with Balance." You should write your essay on how you try to live a balanced life between school, social and spiritual activities, gymnastics and other aspects of your life. In today's busy environment with everyone telling you what to do, how do you keep the "balance?" You face pressures everyday from healthy eating to being a strong competitor to doing well in school, what keeps everything "together" for you?

### FOR THE 6 AND UNDER AGE GROUP

Please draw a picture of your favorite activities. The pictures can be of gymnastics, playing with friends, eating dinner with your family, your pets or anything you like to do.

**ELIGIBILITY:** All gymnasts 18 and under are eligible to enter this contest. The two age groups eligible for the essay portion are 7-12 and 13-18. Any gymnasts 6 and under are eligible to draw pictures. Again, the drawing entries will only be accepted from participants 6 and under.

**REQUIREMENTS:** Essays should be no more than 150 words, typed and double-spaced.

Drawings should be submitted on an 8 1/2 x 11 sheet of paper.

**ANNOUNCEMENT:** Winners will be announced for all three age categories in July 1998. The winning essays will be used to compose the USA Gymnastics Athlete's Creed, which will be presented at the John Hancock U.S. Gymnastics Championships in Indianapolis, Ind.

**JUDGING:** The entries will be judged on originality and creativity. Entries will be judged by USA Gymnastics staff and employees of the John Hancock Olympic Development and Event Management unit.

Send essay or drawing postmarked no later than  
June 1, 1998 to:

Living with Balance Essay Contest  
USA Gymnastics  
Pam American Plaza  
201 S. Capitol Ave., Suite 300  
Indianapolis, IN 46225

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Gym and Coach: \_\_\_\_\_

Age: \_\_\_\_\_

All participants will receive a John Hancock Gymnastics pin.  
All entries will become property of USA Gymnastics and  
John Hancock and will not be returned to you.



**This trip was a very positive experience for our program for two main reasons:**

The athletes and coaches were able to deal with long travel, a tough competitive situation, and an unusual meet format and still find a way to compete successfully. This does a lot for team confidence and for future team expectations.

Our gymnasts got a chance to work with and watch one of the very best teams in the world. More importantly, they got to compare themselves to their peers in Belarus. This group was given a first-class lesson in work ethic and what it takes to achieve medal status. What they could also see is that our medal goals, for 2000 and beyond, are obtainable if we are willing to commit to the training. We are not far away.

## JUNIOR NATIONAL TEAM USA/BELARUS JOINT TRAINING AND COMPETITION By Dennis Molotyn

A Junior Men's delegation including 10 athletes, two coaches and a head of delegation traveled to Minsk, Belarus, Dec. 4-17, for a joint training camp and competition. The goal was to give the athletes and coaches a meaningful experience by traveling to and competing under conditions which our national team members will often encounter in their competitive careers.

The Belarus trip allowed our team the chance to train with the second place World Championships team and to become the current World All-Around Champion. The Belarus trip was definitely a huge success.

Alomka and Tanius were the coaches of record for the competition and directed workouts.

The U.S. gymnasts competed in the Belarus Club National Championships as invited as only the U.S. team started well on Day 1, having all six machines. Tanius posted the highest floor score with a 9.4. A potential bonus was had too: instead of only two on 6 robot flags. Enge was another six for an event with the high score of 8.7 coming from Tanius. The team also went six for six on vault with Tanius, Tanius and Enge all scoring 9.0. Tanius' team was another hit with the high score of 9.0 from Tanius. The team had one miss on high for Tanius posted the first mark on the event scoring a 9.0 on a routine which included both a flower and a Doyland II.

In spite of having to overcome the travel, adjusting to an odd and/or weird situation and dealing with the competition equipment the team had an outstanding competition completing 10 out of 14 routines for over a 90% hit rate. The group looked very poised, confident and consistent. Before it was over most between our two countries would have been very close and exciting.



### U.S. RESULTS

	VT	BB	BE	VB	UB	BB	BB
Enge	9.0	8.7	8.9	8.9	8.9	8.9	8.9
Tanius	9.0	9.0	9.0	9.0	9.0	9.0	9.0
Alomka	8.9	8.9	8.9	8.9	8.9	8.9	8.9
Tanius	8.9	8.9	8.9	8.9	8.9	8.9	8.9
Enge	8.9	8.9	8.9	8.9	8.9	8.9	8.9
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Tanius	8.9	8.9	8.9	8.9	8.9	8.9	8.9
Enge	8.9	8.9	8.9	8.9	8.9	8.9	8.9
Alomka	8.9	8.9	8.9	8.9	8.9	8.9	8.9
Tanius	8.9	8.9	8.9	8.9	8.9	8.9	8.9
Enge	8.9	8.9	8.9	8.9	8.9	8.9	8.9
Alomka	8.9	8.9	8.9	8.9	8.9	8.9	8.9
Tanius	8.9	8.9	8.9	8.9	8.9	8.9	8.9
Enge	8.9	8.9	8.9	8.9	8.9	8.9	8.9
Alomka	8.9	8.9	8.9	8.9	8.9	8.9	8.9
Tanius	8.9	8.9	8.9	8.9	8.9	8.9	8.9
Enge	8.9	8.9	8.9	8.9	8.9	8.9	8.9
Alomka	8.9	8.9	8.9	8.9	8.9	8.9	8.9
Tanius	8.9	8.9	8.9	8.9	8.9	8.9	8.9
Enge	8.9	8.9	8.9	8.9	8.9	8.9	8.9
Alomka	8.9	8.9	8.9	8.9	8.9	8.9	8.9
Tanius	8.9	8.9	8.9	8.9	8.9	8.9	8.9
Enge	8.9	8.9	8.9	8.9	8.9	8.9	8.9
Alomka	8.9	8.9	8.9	8.9	8.9	8.9	8.9
Tanius	8.9	8.9	8.9	8.9	8.9	8.9	8.9
Enge	8.9	8.9	8.9	8.9	8.9	8.9	8.9
Alomka	8.9	8.9	8.9	8.9	8.9	8.9	8.9
Tanius	8.9	8.9	8.9	8.9	8.9	8.9	8.9
Enge	8.9	8.9	8.9	8.9	8.9	8.9	8.9
Alomka	8.9	8.9	8.9	8.9	8.9	8.9	8.9
Tanius	8.9	8.9	8.9	8.9	8.9	8.9	8.9
Enge	8.9	8.9	8.9	8.9	8.9	8.9	8.9
Alomka	8.9	8.9	8.9	8.9	8.9	8.9	8.9
Tanius							



## FOXSPORT CHALLENGE

The Foxsport Challenge event was held in Adelaide, Australia, Dec. 4, 1997. The U.S. men's gymnasts included Mike D'Amico, Jim Farley, James Hotalar and Freddie Uzzell. For the women, Vanessa Ables, Jennie Donatelli, Kristin Halverson and Lindsey Wang. Canada included Randy Jenson, Bradshaw Abbott, Steven Ryback, Bill Strauss, Gordon Kucharski and judge and delegation leader Cheryl Hamilton.

The U.S. women's team defeated Australia with a score of 110.999 to 109.900. The U.S. men's team were slightly edged out by Australia, 132.840 to 132.900.

For the women, Halverson was the all-around title with a score of 35.112. Her U.S. teammate of Ables tied Wang closed up with second and third, scoring 37.563 and 35.612 respectively.

Uzzell and Strauss grabbed second and third all-around in the men's competition with scores of 38.90 and 38.30.

### MEN'S TEAM

Australia	132.900
USA	132.840

### MEN'S ALL-AROUND

Mike D'Amico	USA	37.563
Freddie Uzzell	USA	38.900
Mike Strauss	USA	38.300
Jim Farley	USA	38.300
Steven Ryback	USA	37.900
James Hotalar	USA	37.300
Bradshaw Abbott	USA	37.300
James Hotalar	USA	37.300

### WOMEN'S TEAM

USA	110.999
Australia	109.900

### WOMEN'S ALL-AROUND

Vanessa Ables	USA	35.112
Jennie Donatelli	USA	37.563
Lindsey Wang	USA	35.612
Kristin Halverson	USA	35.612
Steven Ryback	USA	35.612
James Hotalar	USA	35.612
Bradshaw Abbott	USA	35.612



## 1997 CAMBERRA CUP

The U.S. delegation for the Canberra Cup in Australia, Dec. 10-11, 1997, included gymnasts Jennie Donatelli, Freddie Uzzell, Vanessa Ables, Jennie Donatelli and Lindsey Wang, coaches Freddie Abbott, Steve Ryback and Debbie Kucharski, and judge and delegation leader Cheryl Hamilton.

Ables won the all-around title with a 37.30 and the four who won a score of 37.30. She also took second on vault with a 9.313, earned second on bars with a 9.25 and third on beam with a 9.15. Wang took third all-around with a 35.612, was fourth with a 9.303 and fifth with a 9.405. Donatelli took fourth in the all-around and open gymnast from with a 9.303 (third) took eighth in the all-around and second on vault with a 9.275.

### MEN'S ALL-AROUND

1. Jim Farley	USA	37.300
2. Steve Ryback	USA	37.300
3. Jim Farley	USA	37.300
4. Jim Farley	USA	37.300
5. Jim Farley	USA	37.300
6. Jim Farley	USA	37.300
7. Jim Farley	USA	37.300
8. Jim Farley	USA	37.300

### WOMEN'S ALL-AROUND

1. Vanessa Ables	USA	37.300
2. Jennie Donatelli	USA	37.300
3. Lindsey Wang	USA	35.612
4. Kristin Halverson	USA	35.612
5. Steve Ryback	USA	35.612
6. Bradshaw Abbott	USA	35.612
7. James Hotalar	USA	35.612
8. James Hotalar	USA	35.612



## CHUNICHI CUP

The Chunichi Cup took place in Nagoya, Japan, Dec. 12-13, 1997.

The U.S. delegation included gymnasts Shannon Fowler from Atlanta Gymnastics in the female 14-19, and Amy Manning from Olympic Training Center in the male 14-19. They coaches, Jeff Larson and Hansi Long. Shannon Fowler was the judge and delegation leader.

### CHUNICHI CUP

James and Young took in their last international competition, held on the 11th and 12th of the 11th round.

### ALL-AROUND

Shannon Fowler	USA	37.300
James Fowler	USA	37.300
Young Fowler	USA	37.300

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## KIM ARNOLD Honda Award Nominee

Kim Arnold, a former National Team Member and current gymnast from the University of Georgia, was one of 13 candidates nominated for the Honda Award, presented annually to the nation's outstanding collegiate women athlete.

University of Notre Dame soccer player Cindy Davis was awarded the top honor, which recognizes outstanding athletic achievement among women. Congratulations to Kim for being nominated for this prestigious award!



## MEREDITH WILLARD NCAA Top Eight Award and 1997 NCAA Postgraduate Scholarship Recipient

Meredith Willard, a member of the 1997 WUG Gymnastics Team, 1997 graduate of the University of Alabama and four-year member of its gymnastics team, has been awarded the NCAA Top Eight Award for achievement in athletics, academics, and leadership. Meredith was a member of the 1997 silver medal WUG Gymnastics Team, the 1997 Southeastern Conference Gymnast of the Year and the Alabama Athlete of the Year. In addition she is the recipient of the 1997 NCAA Postgraduate Scholarship.



## THREE GYMNASTS NAMED AS FINALISTS FOR THE NCAA WOMAN OF THE YEAR AWARD

Congratulations to the University of Nebraska's Shelly L. Bartlett, Seattle Pacific University's Virginia Bolintzburgh and University of Alabama's Meredith F. Willard for being nominated as three of the 10 finalists for the NCAA Woman of the Year Award for 1997.

The NCAA Woman of the Year Award recognizes young women in intercollegiate athletics for their outstanding achievements in athletics, academics and community leadership. The 10 finalists were selected by a special committee made up of athletics administrators from NCAA member colleges and universities.

Lisa Ann Cooke, a swimmer from Georgia, won the top honor for the 1997 Woman of the Year.

Other sports represented included two basketball players and athletes from rowing, soccer, softball and volleyball.

## WILSON ONE OF TEN FINALISTS FOR SULLIVAN AWARD

By Craig Rabeart

Blaire Wilson, a 1996 Olympian and two-time defending all-around national champion, has been selected as one of 10 finalists for the 48th Annual James E. Sullivan Award, presented by the Amateur Athletic Union.

The other nine finalists are: Chad Cornett (swimming), J.D. Drew (baseball), Tim Duncan (basketball), Ian Gutches (javelin), Chantique Hulsekew (basketball), Timmy Johnson (softball), Peyton Manning (football), Linda McLean (diving) and Jenny Thompson (swimming).

Established in 1930, the award is named for the founder and first president of the AAU, James E. Sullivan. Selection of the winner is based on balloting from a total of 1,200 voters, including the AAU Board of Directors, the AAU Sullivan Award Committee, past award recipients, the United States Olympic Committee Board of Directors and selected sports media representatives.



## KRISTEN KENOYER'S NEW BABY BOY

Former National Team Member Kristen Kenoyer Woodland had a baby boy, Ross Grant, on Dec. 7. Ross weighed 8 pounds, 4 ounces. Kristen is the secretary of the Athletes Advisory Council, member of the USA Gymnastics Board of Directors and member of the Tokyo Committee.

Congratulations to the Woodland family!

## CORRECTION

In the January/February issue of USA Gymnastics we listed the members of the National TOP's Team. We incorrectly printed Jennifer Graver's name from Southside, West, and listing Steve Gymnastics. Sorry for the inconvenience Jennifer!

## IF YOU REALLY BELIEVE IN AMERICA, PREJUDICE IS FOUL PLAY

"If You Really Believe in America, Prejudice is Foul Play," states the new Sports Poster Series issued by the Anti-Discrimination League. These posters feature today's superstars of the world of sports delivering a hard-hitting anti-prejudice message.

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soccer team and our own Olympic Gold Medalist Gymnast Kim Ziegler!

GYMNASTICS  
updates  
included on  
page 23





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Shannon  
Miller



# CHRIS WALLER'S SUMMER GYMNASTICS JAM

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Mihai Bagiu,  
Amanda Borden,  
Lance Ringnald,  
& Jaycee Phelps.

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JULY 28 - AUGUST 2



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coach of several Olympic and World Champions

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Additional sessions: \$285.00

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# ONLINE SEARCH FOR GYMNASTICS CLUBS

By **Beckie Harless, USA Gymnastics Online Webmaster**

USA Gymnastics Online has added a new service—a gymnastics club search for Internet users. Parents, gymnasts, coaches, judges and fans interested in locating a type of club in a geographic area will easily be able to access this information through the USA Gymnastics website. Online users may simply enter city, state, zip, and gymnastics program information (such as "Men's JO" or "recreational") to find the clubs in the state which fit their program description.

## HOW DO I USE THE QUERY?

**STEP 1:** Using your favorite web browser, go to <http://www.usa-gymnastics.org>.  
**STEP 2:** Look on the right side of the page for the star which says "find a gym club." Click on this star.

**STEP 3:** Now you are at the "search" page of the club query (see picture 1). On this page, you can type in the following information to identify the geographic area for your search: city, state, zip.

**STEP 4:** You can also choose to limit your search to only USA Gymnastics Member Clubs, or to search among all gymnastics clubs in our database. Click on the "Yes" button or the "No" button as desired.

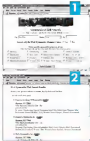
**STEP 5:** Now specify the type of gymnastics club, if any, for which you are searching. Specify this information by checking off the program boxes on the bottom of the form.

**STEP 6:** Press the "Search for clubs" button at the bottom of the page.

Now you will be presented with a list of all the clubs in our database which match your search! (see picture 2)

## IF I AM A CLUB OWNER, HOW DO I UPDATE MY CLUB INFORMATION?

The following information is available online for a club: city, state, zip, email address, Member Club status, phone number, program information and web page address (link available for member clubs only). Short addresses are not available online to prevent the completion of mailing lists.



## TIPS

- Experienced users can navigate quickly to the Club Query by visiting <http://usa-gymnastics.org/clubquery/>
- Our search will find the clubs which offer all of the programs that you check off. For instance, if you check off both "women's elite" and "recreational," you will only find clubs which offer both of those programs (and more). You will not find clubs that offer only one of your checked programs.
- If you simply want a list of all clubs in the geographic area, regardless of program offerings, do not check any of the program boxes. This can be useful for finding clubs which have not submitted their program information to USA Gymnastics.

If you discover your club entry on the database is out of date, or you would like to add information, submit an company letterhead to USA Gymnastics, Leslie Goldstone, Post American Plaza, 201 S. Capital Ave., Ste. 200, Indianapolis, IN 46225.

## SPECIAL BENEFITS FOR MEMBER CLUBS

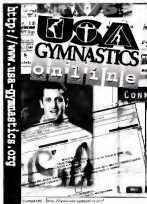
Member Clubs receive three benefits through this new club query:

- Member Clubs are identified in the club search listings with an icon indicating their member club status.
- Additionally, Member Clubs are sorted to the top of the list; this visibility makes their entries easier to find.
- Member Clubs with websites are given links through this query.

Those clubs wishing to join the Member Club program can join online by visiting <http://www.usa-gymnastics.org/memberhip/club.html>. In addition to the many "online" benefits of the USA Gymnastics Member Club program, online benefits include not only the enhanced listing in the club search, but also complimentary classified ads for employment purposes.

## WHAT OTHER ITEMS MIGHT I FIND ON USA GYMNASTICS ONLINE?

USA Gymnastics Online gives you lots for all the USA Gymnastics National Team Members, live scores and commentary during major national events, fantasy gymnastics called "GymGym," calendar of events, fan mail, collegiate gymnastics, frequently asked questions, features, history of the sport, contests with prizes awarded, press releases and much, much more. Check it out!





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J. 1998 Columbia "The Golden Team"  
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K. Embroidered Logo Tee  
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L. Black Oval Tee  
1995 cotton, front Reebok print and back USA  
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#433448 49 ..... nos \$15.95 **new \$15.95**

M. Victory Tee  
sweat/polyester "Victory" left chest Reebok  
print and back USA Gymnastics print  
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#433449 719 ..... nos \$20 **new \$20**

N. Crown Logo Tee  
1995 cotton, front Reebok print and back USA  
Gymnastics print. Iron oxyethylene grey/white  
pink/white (Solid size 12-13)  
#433451 719 ..... nos \$15.95 **new \$15.95**

O. USA Gymnastics Wall Clock  
60% acrylic of the clock, you won't be late to a  
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P. Faded Embroidered Cap  
60% acrylic, 40% polyester cap front embroidered  
Reebok and back, embroidery of USA Gymnastics  
#467194 363 ..... nos \$20 **new \$20**

Q. General Tee  
1995 cotton with design including all three star  
prints (Reebok, Olympic and Reebok) White  
XL nos 12-13  
#1999 42 ..... \$17

R. USA Gymnastics Sweatshirt  
50% cotton/50% polyester full front USA  
Gymnastics embroidered design. All grey  
M/L nos 12  
#4511-4 ..... nos \$45 **new \$45**

S. Corporate Reebok Tee  
50% cotton/polyester Reebok, front Reebok print  
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#449499 49 ..... nos \$24.95 **new \$24.95**

T. USA Gymnastics Training Bag  
#5867 ..... \$8.50

U. Entry Crop Tee  
1995 cotton, front Reebok print and back  
USA Gymnastics print print. White  
(Solid size 12-13)  
#433446 38 ..... nos \$15.95 **new \$15.95**

V. Jersey Short  
1995 cotton, 1/2 in., front Reebok print and USA  
Gymnastics design print. Purple/blue  
(Solid size 12-13)  
#12340 453 ..... nos \$14.95 **new \$14.95**

W. Colored Short  
1995 cotton with embroidery of Reebok logo and  
USA Gymnastics design print. Purple/blue  
honey gold (Solid size 12-13)  
#433446 451 ..... nos \$14.95 **new \$14.95**

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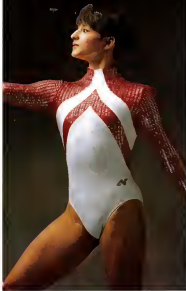
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the occasion when it  
mattered most. All of us  
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We devoted countless  
hours of our own  
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that every official  
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produced was worthy  
of the champion  
who wore it.



We salute all the athletes who competed, not just the gold medalists. Imagine the commitment, the sacrifice required to simply contend in a global arena. Their dedication is an inspiration to us all. They were winners long before they earned a spot in Atlanta, Georgia. Our gold medal winners are superstars now. But always remember, before they were celebrities, they were champions. Alpha Factor. Fit for champions.



**Abstract**

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1998, 1999) and the literature has been largely unexplored (Barnes et al. 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 2671, 2672, 2673, 2674, 2675, 2676, 2677